



HERITAGE HAPPENINGS

News from the Heritage Community Association

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COMMUNITY GREEN SPACES FEATURE PART 1:

Revitalization for Neighbourhood Playgrounds

Over the past few years, the Heritage Community Association (HCA) has been fundraising to revitalize the playground equipment in our two major community parks: Core Community Park on 11th Avenue and Maple Leaf Park on 14th Avenue. Through the generous support of many community organizations, individuals, and businesses, we have managed to raise enough money to begin work on the first phase of It's Time to Play: the revitalization of the Core Community Park playground.

HCA is partnering with the City of Regina to replace the Core Community Park playground this fall—our goal is for the new playground to be ready for playing before the snow flies! The second phase of the project, which will involve the revitalization of the Maple Leaf Playground, will take place in 2014.

The community's need for improved playgrounds came out loud and clear through the Heritage Neighbourhood Child and Youth Needs Assessment that HCA completed in 2011. We are proud to be making this significant improvement to the community's infrastructure, and we hope that all our neighbourhood's



Core Community Park playground, July 2013

children and families are happy with the results!

Heartfelt thanks go out to all the individuals and organizations that have supported It's Time to Play to date. We are still raising funds to complete Phase 2 of the project—the

revitalization of Maple Leaf Park in 2014. If you are able to contribute to the project, HCA will be pleased to issue you a tax-deductible receipt for your donation. To donate, visit us in person at 100-1654 11th Avenue, or online at heritagecommunityassociation.com.

Under the Harvest Moon Festival: September 28, Maple Leaf Park



Believe it or not, summer is coming to a close. But don't let anyone tell you that festival season is over. The Under the Moon Heritage Community Festival is coming up on Saturday, September 28th! As a resident in the Heritage community, I am excited to be a part of coordinating this year's festival. Let me tell you a bit about what I'm working on for the event.

We have an amazing mix of people that live in Heritage. Some have lived in the neighbourhood for decades, others are experiencing the neighbourhood as their first Canadian home. People get busy with all manner of employment and activity—beer makers, butchers, yoga teachers and full-time parents all live in Heritage! The list goes on and on. This festival is a chance for you to meet your neighbours and share your stories. One of the ways that we hope to nurture this is with a Human Library.

Taking inspiration from the popular annual partnership between the CBC and libraries across Canada (including our own RPL), guests at the festival will have the opportunity to take

out a Heritage area “book” (i.e., neighbour) and find out their story. Given the incredible diversity of our neighbourhood, there will be a wide selection of “books” to choose from!

The kids in our neighbourhood are, as always, a main focus of the festival, and I have had input from some experienced folks (i.e., parents) to help me come up with many ideas for exciting activities and workshops. These ideas include: a visit from the Wascana Centre Authority's goats; make-your-own hobby horses; pumpkin decorating; the ever-popular Dino Bouncer; a giant-sized pile of leaves to jump in and so much more! If you would like to volunteer to lead a kid's activity, please let me know! Our stage area will include activities for kids and adults alike, ranging from dance performances, demonstrations, workshops, spoken word poetry and storytelling from a broad range of performers and other talented community members.

We are happy to have received support from SaskEnergy for the Community BBQ compo-

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COMMUNITY GREEN SPACES FEATURE PART 2:

Carmichael Outreach's Community Garden

As I type this my fingernails are black with the rich dirt of the Carmichael Community Garden. After a long day of cooking in the 6-square-foot kitchen of Carmichael Outreach, the greatest thing I can think to do is to walk north a block and a half to the 1800-block of Halifax Street to the empty lot next to Soul's Harbour, and tend to the garden. Mid-July is an exciting time—when the tomato plants reach your hip, the carrots begin to bush up nice and thick, and the peas climb up the garden trellis to greet the sun. The earth is finally fertile and airy on this, the fourth season of sowing at this location, and with development of empty lots in the city it is always possible that each season will be our last.

This summer, in a last-minute bit of planning, all the planting and tilling was done between the last weekend of May and the first week of June. In true Carmichael fashion we ignored tradition and planted past the recommended threshold of May Long. This year a total of 11 crops were sown. Because of a lack of time, necessary pruning of overhanging elms did not

occur, and the shade of the massive trees has inhibited growth on the east side. The garden is composed mostly of potatoes, carrots, tomatoes, and beans—four fairly easy-growing crops that are basic staples of the Carmichael kitchen and the kitchens of most of our clients. Other crops include peas, swiss chard, zucchini, strawberries, onions and corn, which rest on the more experimental side of the garden approaching Halifax Street.

Being an empty lot bridging the Heritage neighbourhood and the downtown area, foot traffic is always steady. The impressive uniform growth of a variety of family-favourite vegetables always brings out excited onlookers—people willing to share gardening tips or talk about their mother's garden back home. It is the greatest conversation piece in an already conversational community. Several passers-by have expressed their willingness to participate in caring for a green space, offering their time to collect garbage and pick weeds, increasing our part-time workers into a collection of green-thumbed volunteers sharing their love for

gardening in order to assist in the food security of many of their neighbours, as well as to foster a sense of community unlike any other community event can.

Because of the lateness of our planting, we are still awaiting first fruits of our crops. Massive thanks to the help from Eat Healthy Foods, Little Village Greenhouse on 13th Avenue for the plants and seeds, Soul's Harbour for the water source, the City of Regina for the lot, Heritage Community Association for their guidance, and all the help and good vibes from the members of the community. In August, when you are reading this, Carmichael and friends will be enjoying the bounty of our great garden and we thank you for your support!

See you next year!

- Nicolas Olsen, Garden Coordinator

For more information about Carmichael's garden visit carmichaeloutreach.org.



The Carmichael Community Garden is located next to Soul's Harbour on the 1800 block of Halifax St.

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nent of the festival, which will allow us to keep the prices of food very low, We are also seeking our food and supplies from the Heritage area, which is especially easy given the many fine butchers in the area (Ukrainian Co-op, Fellinginger's, Oskar's, and Gerry's Freezer Meats!).

We are currently seeking additional support from local businesses for prizes and supplies. If we haven't contacted you yet but you are able

to offer gift certificates, products or services that would be useful for the festival, please get in touch! We will be sure to highlight your business in the program and/or on the poster as long as we receive your donation in time.

Although our festival is a small one, the old adage still holds true: "Many hands make light work." As such, if you have time to volunteer for the festival either beforehand or on the day-of, please contact me. Volunteers will receive free tickets for the Community BBQ and will be

entered to win a gift package from The Artful Dodger Café and Music Emporium!

I look forward to seeing you all on September 28th!

- Elizabeth Curry, Festival Coordinator



HCA Children's Programs - Fall 2013

Central Zone Indoor Soccer

October 19, 2013 to March 29, 2014

Co-ed, no-cut recreational soccer for players ages 3 to 10. Teams play 15 regular weekend games from late October to mid-March, with a break over Christmas. Teams get t- shirts, tournament games and medals.

3 – 4 years: \$45 7 – 8 years: \$65
5 – 6 years: \$45 9 – 10 years: \$65

Location: Core Ritchie Neighbourhood Centre
Equipment required: Shin guards and non-marking indoor running shoes
Dates & Times: Games are played on Saturdays between 9:00 am and 3:30 pm, from October 19, 2013 to March 29, 2014.
Registration Deadline: Friday, September 27, 2013

Girls On the Move & Boys Movin' On Up

September 17 to December 3, 2013

Weekly after-school program that provides opportunities for fun physical activity. With a focus on on play, On the Move and Movin' On Up support children in improving their physical fitness, building their self-confidence, and developing healthy relationships.

Group 1: girls ages 9-11 **Group 2:** girls ages 12-14
Group 3: boys ages 9-14

Location: Thomson Community School and various other locations
Cost: HCA Membership (minimum \$5 donation)
Dates & Times: Tuesday evenings from 6:30 to 8:30 pm from September 17 to December 3, 2013.

For more information, please call (306) 209-8552 or visit heritagecommunityassociation.com

Report from Ward 3 City Councillor Shawn Fraser



Ward 3 Councillor, Shawn Fraser

In June I was invited on a cycling tour of the city by Bike Regina, a non-profit organization that encourages cycling. Around 30 of us toured Regina's downtown and some residential neighbourhoods.

I believe that the major challenge for biking in Regina is an obvious one. We live in a city where winter can last between six and ten months of the year. While winter riding can be a joy for those equipped with the proper tires and clothing, most riders hang their bikes for the snow season.

But while we lack the balmy weather of some destinations, the story is not totally grim for cyclists in the Queen City. Take, for example, that Regina has a recreational pathway system that is the envy of any Canadian city. It is possible to peddle uninterruptedly from the UofR to Dojack with little more than geese in your way.

As Regina continues to manage the growth we've seen in recent years, I'm hopeful we can improve our cycling infrastructure. Some of the new neighbourhoods being built right now are

planning bike lanes, and as the additional traffic of a hot economy continues to congest our downtown streets and parking, the city's role in getting people out of their cars and onto alternative transportation becomes more important to everyone on the road.

While infrastructure and smart planning are important, what I see as most pressing when it comes to cycling in Regina is the question of how drivers and cyclists relate. Every Canadian city has a unique culture and the same is true when it comes to bike culture. While this relationship has become quite stressed in other Canadian cities, it seems to me that the relationship between cars and bicycles in Regina is ill-defined. As a cyclist, it's common for cars to not notice you, or alternatively, to slam on their brakes as you wait at a side street, like one might for a deer in the ditch. As a car driver, it's not uncommon to see the odd cyclist on sidewalks, running stop signs, or even driving the wrong directions down one of Regina's main thoroughfares.

Here are few things we all can do to make cycling more safe and easy in Regina.

For cyclists:

- ✓ Remember that bicycles are vehicles too. That means you have to follow most of the same rules that cars do. This includes not riding on the sidewalk (except when crossing bridges or underpasses), and obeying traffic lights and stop signs.
- ✓ Be visible
- ✓ Be predictable

For car drivers:

- ✓ Remember that bicycles are vehicles too. That means that you should treat them as you

would another car when at stop signs, yield signs, or traffic lights.

- ✓ Be aware of cyclists, there are more and more of them in Regina. This includes when turning, changing lanes, and opening the door of a parked car.
- ✓ Be patient. Give cyclists plenty of room when passing them.

If you'd like to share your thoughts on cycling or driving in the city, please feel free to contact me at sfraser@regina.ca, or by phone at (306) 551-5030. If you'd like to learn more about Bike Regina, you can contact them at bikeregina@gmail.com, or check out their website at www.bikeregina.ca.

Thanks for your time.

- Shawn



COMMUNITY GREEN SPACES FEATURE PART 3:

The Art Park: Growing our inner city oasis

The Heritage Art Park is one of our community’s most delightful hidden gems. I’m always surprised when I describe it to someone and they swear they’ve never noticed it!

The Art Park makes its home on a city-owned lot on the northeast corner 11th Avenue and Halifax Street. It was once a vacant lot that was transformed by a group of community residents into an oasis over 15 years ago. Over the years, it has evolved to include works of public art and countless species of native plants, fruit trees, and flowers.

The Art Park was one of the reasons I first got involved with HCA as a volunteer back in 2007. It was such a unique space, unlike anything else I’d come across, and I wanted to see

it thrive. At that time, there was uncertainty about the park’s future, but with a grant from Walmart Evergreen we were able to make some improvements to the park, including planting a range of fruit-bearing plants and widening the paths to make them wheelchair accessible.

That was the beginning of a revitalization of sorts, and since then HCA has developed some amazing partnerships, most especially with CUETS Financial/TD Bank. A team of CUETS/TD volunteers come to Heritage every year to help clean up the park, and this year was no exception—they spent a day in June cleaning, pruning and weeding until the Art Park was in tip top shape. Not only that, but TD Friends of the Environment Foundation has funded HCA on projects to continue developing

the Art Park—this spring that made possible the planting of additional cherry, haskap, Saskatoon, and grape plants. Have a look for these edible fruits the next time you pass by!

The Art Park, like any public space, requires constant work to keep it beautiful, safe and comfortable for the people in our community. Please help us keep the park wonderful by taking care of it! Simply picking up garbage in the Art Park and our other green spaces makes a huge difference. If you’ve got a green thumb and are willing to help out even more, contact us to learn more about volunteer opportunities through HCA.

- Nikko Snyder, HCA Executive Director



The Art Park (11th Avenue at Halifax Street)

A very special thank you to:



CUETS Financial/TD Bank clean up day, June 2013

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Want to donate art? Need more information?
Call 306.545.6614 or email g4gregina@sasktel.net

Donations: Drop off at any Benjamin Moore Paint Store or at Atelier Arts, 2076 Albert St.

www.grandmothers4grandmothersregina.com

Early Years Family Centre

Scott Collegiate 3350 7th Ave (306) 523-3512
Gathering Place 4001 3rd Avenue N (306) 522-7494

A free drop-in centre for children ages newborn to six with their caregivers.

The Early Years Family Centre is a place to:

- Play, interact and learn together
- Meet other families
- Participate in programming for children and adults
- Meet with healthcare, education and community professionals

More Information: reginakids.ca/eyfc
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familycentre@reginakids.ca

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